

November 2018

Location – Glynde

19 Glynburn Road
Glynde SA 5070

Event	When	
<p>Disclosure</p> <p>So by now a professional (or a few professionals) have told you that you have a mental health diagnosis. Now what? Who do you tell? What do you say and how do you say it? This course aims to explore the various ways you can go about disclosing or not disclosing your health with the people in your life.</p>	<p>Thursday 1 November 1:00-4:00 pm</p>	
<p>Coping with Christmas</p> <p>Christmas is a time of year that has come to mean different things to different people, but often it's a difficult time. Getting through Christmas is stressful for many of us, with the money and people pressures that it can bring. However we feel about Christmas, we are surrounded by it. In this course we will support each other to look at how we may be affected by the different aspects of the festival, including: values, money, relationships, loss, food and drink, and facing the New Year. Throughout the course we will work on making our own personal plan to help see us through.</p>	<p>Monday 5 November 1:00-4:00 pm</p>	
<p>Understanding and planning for the NDIS</p> <p>This course is a must for anyone who is interested in what the NDIS will provide for people with mental health related disability and how to prepare for your NDIS planning session. We will also cover what you can do if you don't qualify for the scheme. As the course progresses, we will explore what your life is like now and how you would like it to change in the future. You'll understand how with an NDIS plan you will be able to pursue your passions and dreams and develop your creativity to live a life of meaning and purpose. This course will also help health professionals, friends, family, and carers to understand what the NDIS is and how it can support positive change for someone living with mental health related disability.</p>	<p>Thursdays 15, 22 and 29 November 1:00-4:00 pm</p>	
<p>Emotional intelligence</p> <p>Have you ever wondered what it really means to be emotionally healthy and what part emotional intelligence plays in living this way. How do I measure my level of emotional intelligence? Can I learn to develop my emotional intelligence further? In this presentation we will discuss how we use our emotions when dealing with stress, coping with challenges in our lives, how we empathise with others and our self-esteem. By understanding our emotional intelligence and what has influenced its development, it is possible to bring a greater degree of healing into our lives.</p>	<p>Mondays 19 and 26 November 1:00-4:00 pm</p>	

Stock photos. Posed by models.

Expression of interest to attend any of these courses is invited now!

Visit <https://www.mindaustralia.org.au/eoi-glynde> and complete the online form or call Mind Connect on 1300 286 463 to enrol over the phone.

If you are an NDIS participant you are able to use your funding to access these courses. If you are not an NDIS participant course fees may apply, please contact us to discuss your options.

Mind Connect
1300 286 463

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